# COLUMBUS

**AQUATICS CENTER** 

1160 HUNTER AVE. 43201 (614) 645-6122

# **Open Swim Schedule**

Through May 25th, 2018

**Tuesday** 12:00 PM - 5:00 PM Wednesday 12:00 PM - 5:00 PM 12:00 PM - 5:00 PM **Thursday Friday Morning** 9:00 AM - 1:00 PM **Friday Evening** 7:00 PM - 9:30 PM Saturday 2:00 PM - 5:00 PM

**Spring Break Week –** March 31st to April 6th Extended Open Swim Hours No Open Swim - Saturday May 19th Final Open Swim - Friday May 25th Aquatic Center closes Dodge & Tuttle Pools Open for Summer Season - Saturday May 26th

### What is required to get into open swim?

**Admission is \$1 per person** – regardless of age. Everyone 6 years of age or older are required to have a LEISURE CARD. Leisure cards are Columbus Recreation and Parks ID cards, and allow entrance into all recreation centers. You can purchase a leisure card here at the Aquatic Center or the recreation center nearest you. A leisure card costs \$1 and expires 3 years after purchase. A parent or adult, at least 18 years of age and in a swim suit, must accompany all children under the age of 8 years into the pool.

### Do you offer a membership?

#### YES WE OFFER AN ANNUAL POOL MEMBERSHIP

If you plan on swimming regularly through the whole year, you may want to consider purchasing our Aquatic Membership. With our membership, instead of paying for each visit, you pay **ONE FEE** for ONE YEAR AT ALL COLUMBUS RECREATION **& PARKS POOLS.** Memberships are valid for the year of purchase, and prices vary per age -Adults under 50 - \$20 Adults over 50 - \$15

Family of 4 - \$45 Prices increase after April 30th. For more information on prices call us at 614-645-6122.

RECREATION AND PARKS

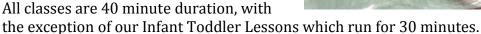
DEPARTMENT

## **Swimming Lessons**

We offer affordable swimming lessons for all ages throughout the Spring taught by American Red Cross Water Safety Instructors.

# Class Fees - \$40 for residents of the city of Columbus, \$50 for non-residents. PLAY

sponsorship is available to help cover \$20 in fees for those that demonstrate need by producing: Copy of your Medicaid/Care source/Molina health card or copy of your ADC/OWF card.





Age Group	Saturda	ay Morning	Tuesday & Thursday
Infant & Toddler	9:30 AM	April 7 <sup>th</sup>	10:30 AM
6 months – 3 years	10:10 AM	through	
	12:25 PM	May 12 <sup>th</sup>	
Pre-School	10:00 AM		10:15 AM
3-5 years	10:45 AM	April 7 <sup>th</sup>	2:30 PM
	11:30 AM	through	4:30 PM
	12:15 PM	May 12 <sup>th</sup>	5:15 PM
School Age	10:00 AM		
6-14 years	10:45 AM	April 7 <sup>th</sup>	4:30 PM
	11:30 AM	through	5:15 PM
	12:15 PM	May 12 <sup>th</sup>	
Adult (15 years & Up)	1:00 PM		11:15 AM Tuesdays only

## How do I register for your learn to swim lessons?

Three ways to register:

- 1. **Online** Go to: <a href="http://apm.activecommunities.com/columbusrecparks/Home">http://apm.activecommunities.com/columbusrecparks/Home</a>
- 2. By Phone Call 614-645-6122. If you wish to register over the phone, you must make a credit card payment
- 3. In Person Come to 1160 Hunter Ave, we accept cash, credit, and check for all in person registration

NOTE: Registrants wishing to use PLAY must come to our facility during normal business hours 9AM – 5PM Tuesday through Saturday to register in person. <u>PLAY grants can only be used for one program per seasonal session – at ALL Columbus Recreation & Parks sites.</u>

#### What are the Spring Session dates?

NOTE: Registration for classes begins a month before the beginning of classes.

	Saturday	Tuesday&Thursday
Spring 1 REGISTER: March 5 <sup>th</sup>	April 7 <sup>th</sup> through May 12 <sup>th</sup>	March 27 <sup>th</sup> through April 26 <sup>th</sup>
Spring 2 REGISTER: April 2 <sup>nd</sup> Tues&Thurs classes only	Summer Registration begins June 10, 2018!	May 1 <sup>st</sup> through May 24 <sup>th</sup>



# Water Aerobics Programs

The water offers a unique workout environment that is low impact but also high resistance – making the water an excellent environment for a variety of fitness needs – therapeutic, strengthening, and increasing/maintain flexibility.

We offer a variety of affordable fitness programs which fall under three main categories: Water Aerobics Programs, Adult Lap Swimming, Youth Lap Swimming and Diving.

Water Aerobic Programs	Description	Schedule/Fee
Morning Adult Water Aerobics SPRING SESSION DATES: March 13 <sup>th</sup> – May 25 <sup>th</sup>	Both Morning and Evening Adult water aerobics are of medium intensity and works all areas of	Classes Scheduled: Tuesday, Thursday & Friday: 9 – 10 AM  Fee: \$20 Resident \$25 Non-resident \$2 per class drop-in
Evening Adult Water Aerobics SPRING SESSION DATES: March 13 <sup>th</sup> – May 24 <sup>th</sup>	the body. Class begins at 15 after the hour and runs for 45 minutes. Everyone over the age of 18 is welcome to participate.	Classes Scheduled: Tuesday& Thursday: 6 – 7 PM  Fee: \$15 Resident \$20 Non-resident \$2 per class drop-in
50+ Water Aerobics SESSION IV DATES: February 21 <sup>st</sup> – April 4 <sup>th</sup> SESSION V April 9 <sup>th</sup> –May 23 <sup>rd</sup>	This aerobics class is a low resistance, low impact program that stretches all areas of the body. Registration required on the day of class. Everyone over the age of 18 is welcome to participate	Classes Scheduled: Monday& Wednesday: 10–11 AM  Fee: \$20 session OR \$2 per class
<b>Deep Water Aerobics Monday</b> SPRING SESSION DATES: April 9 <sup>th</sup> – May 21 <sup>st</sup>	In both Monday and Wednesday deep water, adults perform deep water exercises in our diving	Classes Scheduled: Mondays: 11 – 12 PM  Fee: \$25 Resident \$30 Non-resident
<b>Deep Water Aerobics Wednesday</b> SPRING SESSION DATES: March 14 <sup>th</sup> – May 23 <sup>rd</sup>	well. This aerobics class is a high resistance, high effort program that stretches and works all areas of the body.	Classes Scheduled: Wednesdays: 11 - 12 PM  Fee: \$25 Resident \$30 Non-resident

**Lap Swimming Programs** 

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<b>Lap Swimming Programs</b>	Description	Schedule/Fee
Morning Masters Swim	Both Morning and Evening Masters	Classes Scheduled:
SPRING SESSION DATES:	are for earlier risers or after work	Tuesdays & Thursdays: 6:30 – 10AM
March 13th -May 24th	lap swimmers who are looking to	
	get in some yardage. Follow one of	
	the workouts provided or make	Fee: \$40 Resident
	your own. This program is geared	\$50 Non-resident
<b>Evening Masters Swim</b>	towards all level of fitness lap	Classes Scheduled:
SPRING SESSION DATES:	swimmers.	Mondays, Wednesdays & Fridays:
March 12 <sup>th</sup> – May 25 <sup>th</sup>		6 – 7 PM
		Fee: \$60 Resident
		\$70 Non-resident
Stroke Clinic (Kids 6-18)	This class is for competitive	Classes Scheduled:
SPRING SESSION DATES:	swimmers who want to keep in	Mondays, Wednesdays & Fridays:
March 12 <sup>th</sup> –May 25 <sup>th</sup>	shape or improve stroke technique.	5 – 6 PM
	This class is for kids 6 to 18, all	
	participants must be able to	Fee: \$60 Resident
	demonstrate skills equivalent to	\$70 Non-resident
	Level 4 of the Red Cross Learn-to-	
	Swim Program.	
Beginner Diving Clinic	This class is for kids 8 to 18 who	Classes Scheduled:
SESSION DATES:	would like to learn the basics of	Tuesday& Thursday: 6:15 – 7 PM
	springboard diving. All participants	
	must be able to tread water for 1	Fee: \$40 resident
	minutes, swim	\$50 Non-resident
Intermediate Diving Clinic	25 yards and be comfortable	Classes Scheduled:
SESSION DATES:	swimming in deep water.	Wednesday& Friday: 6:15 – 7 PM
		Fee: \$40 residents
		\$50 Non-resident

# Want to become a Lifeguard?

### Join our Summer Team!

We are offering American Red Cross Lifeguard courses throughout the Spring! Prior to registration, you will be required to take a pre-test which consists of:

- 1. 300 Yard Continuous Swim using free or breast.
- 2. Tread Water for 2 minutes using legs only.
- 3. Timed Brick retrieval in 8-10 feet of water.



Take you pre-test ANY Saturday afternoon between 2pm and 4pm from now until May 12<sup>th</sup>, 2018. Call 614-645-6122 or email <a href="mailto:tepatrick@columbus.gov">tepatrick@columbus.gov</a> to schedule an appointment. We offer swim training, practice time, and instruction for pre-test participants every Saturday at 1pm until May 12<sup>th</sup>, 2018.